



CALIFORNIA ARMY NATIONAL GUARD'S OFFICIAL NEWSLETTER

The Rally Point

Volume 2, Issue 2

February 2013

Special points of interest:

- The Army Guard is on Facebook. Check us out at www.facebook.com/caarmyguard



- This newsletter can be seen online here: <http://www.calguard.ca.gov/army/Pages/armynewsletter.aspx>

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AWOL Soldiers and their negative affects on the force

Absent Without Leave; AWOL

We are a volunteer force and every CAARNG Soldier upon entering takes an oath and signs a contract committing them to service to the State and Nation. Our Modular Army is truly a "team of teams," and when members of those teams fail to live up to their obligations, the whole team suffers. Never forget, AWOL Soldiers are a detriment to our formations. Even though they are absent, AWOL Soldiers affect a unit's readiness, morale, and discipline. It affects retention. Soldiers have an obligation, a duty, to be in the right place at the right time. When a Soldier neglects this duty, the Command has a duty to hold them accountable for their actions. If left unresolved, absenteeism can spread like a cancer. Not holding Soldiers accountable sends the wrong message to those Soldiers who fulfill their obligations, despite what they may have going on in their personal lives.

Actions Against AWOL Soldiers

It is my intent that going AWOL will not be seen as a "get out of the Guard free" card, with Soldiers who decide to take this path simply being separated after missing a couple of Drills. Commanders at all levels have been directed to consider all of the options available to them before considering discharge. Soldiers who go AWOL need to understand that their actions have consequences. AWOL Soldiers are subject to administrative action, demotion, recoupment of bonuses and or college tuition, as well as Trial

by Summary Courts Martial. Failing to appear at a Summary Court will result in a bench warrant being issued to civilian law enforcement authorities for the Soldier's arrest. If you plan on going AWOL, don't think you're just going to be dropped from the rolls. It is a decision that may follow you the rest of your life. For chronic AWOLs, a first step in processing for adverse action should be implementation of a bar to reenlistment. Another often forgotten component is the loss of the federal property, the OCIE and organizational equipment that a Soldier is responsible for, is not properly accounted for. Each year, we lose over \$1 million in OCIE that must be replaced, using funds we could be using to buy additional equipment for the units.

Preventing AWOLs

Being a member of the California Army National Guard requires a certain level of personal sacrifice. Family and personal events will be missed; vacations will have to be postponed; civilian work obligations will have to be deferred. With that said, Commanders have a great deal of latitude in working with their Soldiers to prevent AWOLs. Soldiers must be proactive if they foresee an issue and request SUTAs as far in advance as they can, but as a general rule SUTAs should be made up before the scheduled drill, with make-up after the drill a rare exception to the rule. This is why training calendars must be published as far out as possible and adhered to. When last minute changes to the training calendars are made, Command-



MG Lawrence Haskins
California Army National
Guard Commander

ers should understand what issues those changes will have on their Soldiers and adjust accordingly. Knowing your Soldiers, their personal commitments, stressors, problems and concerns is also an important step in preventing AWOLs. Commanders must hold AWOL Soldiers accountable for their actions, but are encouraged to rehabilitate and retain those Soldiers who they determine are deserving of the opportunity. As LTG Ingram, Director ARNG has stated, "USR Readiness, especially Personnel Readiness is the coin of the Realm." Future force structure decisions to include what units we retain, or those we may gain, will be made based on our readiness statistics over time. Strategically, our ability to sustain ready units will have an impact on the future of the Operational Reserve and its future employment. AWOLs are a component of our greatest personnel readiness challenge in the CAARNG: Negative End Strength.

CSM: Honoring our Best Warriors



**Command Sgt. Maj.
Harold E. London
California Army
National Guard
Command Sergeant
Major**

January 12th 2013 the California National Guard had its awards banquet in Garden Grove California. The Banquet was a huge success with over 525 Soldiers and Airmen in attendance. I would like to congratulate SPC Ziegler, 100th TRP CMD, 223rd MI and SSG Negherbon, 49th MP BDE, 235th Sappers for winning the CAARNG BWC Soldier and NCO Categories. They represent the outstanding Soldiers of the California Army National Guard. One small note is that SSG Negherbon will not be going on to compete at the 7th Region BWC Competition in Colorado in April as is normally done. His unit the 235th

Sappers is in a mobilization cycle and he has requested to remain with his unit to mobilize this year. SSG Albert Garcia, 1106th TASM-G was the second place finisher and will now represent the California Army National guard in Colorado for the NCO Category.

First place finishers in the CAARNG BWC individual events were: Army Physical and Combat Readiness Tests, **SSG Jonathon Knea** with a combined score of 100 out of 100; Land navigation course, **SPC Ryan Ziegler** with finding 11 out of 11 points; Ruck march, **SPC Brian Quinonez** with

the fastest time of 1H 13M 34S; Water survivability test, **SPC Walter Locke** with the best time of 1H 43M 87S; M4/m9 live fire, **SGT Marco Alamillo** with the best time of 3M 51S; Close quarters combat, **SSG Albert Garcia** who won by 18S; Unknown distance run, **PFC Joey Choi** with the best time of 24M 45S; Written exam, **SPC Walter Locke** with the top score of 36 out of 50; Obstacle course, **SSG Jonathon Knea** with the best time of 3M 26S; Combative tournament, **SPC Brian Quinonez** with the winning takedown in extended time.



What is an Ombudsman?



The Ombudsman functions as a resource in support of Soldiers assigned to a Warrior Transition Unit (WTU) and their Family Members as well as non-WTU Soldiers and their Family Members who need assistance with a medical related issue. Ombudsmen are DA Civilians who have been selected for their experience, determination, and passion to help Soldiers. Soldiers and Family members having a problem/issue will be well served by calling or visiting an Ombudsman. This option will allow the Ombudsman to communicate directly with the Soldier/Family

member and other concerned parties to ensure proper resolution of the issue presented. For more information please check out the Ombudsman web at.

<http://medcomombudsman.amedd.army.mil/>

The Local Ombudsman in San Diego is Daniel J. Sutton located at 34800 Bob Wilson Drive San Diego, CA 92134, daniel.j.sutton@med.navy.mil, Cell 760-401-6663, Office 619-532-91819

Resilience Corner: Online tool to help family fitness

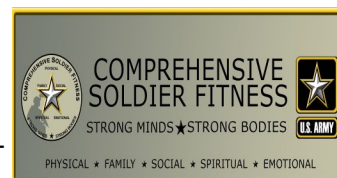
By CPT Nathan Lavy
State Suicide Prevention Program Manager, Master Resilience Trainer

Did you know that every Soldier and Family Member has access to resilience training? Go to: Soldier Fitness Tracker online. After you've taken the GAT and received your scores, specifically designed self-development modules are available to help you increase strength and resilience in the Emotional, Family, Social and Spiritual dimensions. Although you have the choice to take the modules in any order, it is recommended that you take them

in sequential order as listed under each Dimension to maximize your learning experience. There is a total of 47 Modules ranging from the basic Master Resilience Trainer (MRT) and Resilience Trainer Assistant (RTA) modules to modules in: Finance, Parenting, Nutrition, and Weight Loss. You or a Soldier you know can benefit from these video-based modules. Go to: <https://www.sft.army.mil/Default.aspx> with your CAC or AKO login. Then click "Continue to all of the CSF Training Modules" on the right side of the page. CAARNG Resilience and Risk Reduction & Suicide Prevention

(R3SP) Program is offering Resilience Trainer Assistant courses throughout FY 13; please contact your training or readiness NCO for more information.

For additional info check out the efficacy study and importance of long-term success of the CSF2 program here: http://www.army.mil/article/85085/Command_Empphasis_on_Comprehensive_Soldier_and_Family_Fitness/ CSF2; Tri-Signed LTR <http://usarmy.vo.llnwd.net/e2/c/downloads/259144.pdf>



COMPREHENSIVE SOLDIER & FAMILY FITNESS

Logout

My Training Help

OVERVIEW EMOTIONAL SOCIAL FAMILY SPIRITUAL PHYSICAL

MY TRAINING Print Confirmation Receipt

Welcome to your training profile. Now that you've taken the GAT and received your scores, the following self-development modules have been designed to help you increase strength and resilience in the Emotional, Family, Social and Spiritual dimensions. Although you have the choice to take the modules in any order, it is recommended that you take them in sequential order as listed under each Dimension to maximize your learning experience.

You last logged in on 29 Jan 13.

EMOTIONAL Read Module Summaries

MODULE NAME	ACTION	PERCENTAGE COMPLETE	DATE COMPLETED
Introduction	View	Dimension Introduction - 2 Minutes	N/A
1 The ATC Model	Start	N/A	
2 Avoid Thinking Traps	Start	<input type="text"/> 0%	
3 What Are Icebergs?	Start	<input type="text"/> 0%	



Disciplinary Action

Rank	BDE	Brief Description of Charge [e.g. UCMJ article/ description, CMVC/description]	Action by CMD [e.g. Art. 15]	Result [e.g. punish- ment]
SSG	79th IBCT	Art.134; wrongfully committing adultery with another Soldier.	Article 15	Reduction to SGT (E5).
SSG	79th IBCT	Art.91, disobeyed a lawful order by not bringing supplies to NTC and Art.134, granting iPERMS access to unauthorized personnel.	Article 15	Reduction to SGT (E5), suspended for six months.
SSG	79th IBCT	Art. 92 derelict in performance of duty by allowing another Soldier to drive while drunk.	Article 15	Reduction to SGT (E5), suspended for six months; extra duty for 30 days.

Disclaimer: When determining a punishment, commanders take into account a number of factors including the rank, the severity of violation, the service record, as well as the character of the individual. This independent consideration of each case explains why two individuals of the same rank, who commit the same infraction, may not receive the same punishment. In addition, according to the California Military and Veterans Code and the UCMJ, punishment pursuant to an Article 15 (known as non-judicial punishment (NJP)), can vary for similar misconduct by enlisted or officers. A Soldier who receives NJP could be reduced up to two grades, have a fine imposed, be assigned extra duty, and/or have a letter of reprimand placed in their record. This range of punishment is focused on maintaining good order and discipline. NJP rarely ends an enlisted person's career. In fact, a Soldier who has been reduced through UCMJ can rehabilitate them self and return to their previous rank. NJP only slows down the career advancement of a Soldier/NCO. Comparatively, when an officer receives NJP the maximum punishment authorized by law, even for the CDR CAARNG, is a fine and/or to have a letter of reprimand filed in their record. This range of punishment is focused on determining whether the officer is suitable for continued service. While NJP for officers does not have the immediate impact of an enlisted rank reduction, it can, in most cases, prevent any further career advancement. NJP (or a permanently filed General Officer Letter of Reprimand) generally stops the career advancement of an officer.



NEW RULES for The GoArmyEd Federal Tuition Assistance Program:

The Department of Defense (DoD) released the DoD Voluntary Education Partnership

Memorandum of Understanding (MOU) on December 6, 2012. Effective March 1, 2013, the DoD is implementing the following policy: "For an institution to be eligible to participate in the DoD Tuition Assistance (TA) Program, they must have signed the DoD MOU and be on the "Participating Institutions" list, which is posted on the DoD MOU webpage: www.dodmou.com." Schools without a signed DoD MOU by March 1, 2013, will be suspended in GoArmyEd and will not be able to enroll service members under the TA program until they have signed the MOU. The Army will honor all TA requests that were processed and approved by the end of February within GoArmyEd for classes starting prior to March 1, 2013.

The Civilian Education office is completing the final phase of the iMARC data base system clean up for Federal Tuition Assistance. If you completed a course from FY 2003-2011 and did not ensure your grades were posted into the system or you received a failing grade, you may incur a recoupment for the cost of the course. Please contact Ms. Anne Brittain at 916-854-3176 or anne.brittain.nfg@mail.mil, if you have any questions regarding your grades for that time frame.

Promotions

Enlisted

UNIT	NAME	RANK
115TH RSG	FELDER RAQUELLE ELIZABETH	SGT
1498TH TC (HET)	LOPEZ HUGO	SGT
870TH MP CO (-)	CORDER TOBY DAYNE	MSG
CP ROBERTS MNVR TNG CTR (-)	CHU JERSON CIPRIANO	SGT
CO B 1-184TH IN BN	LOPEZGUTIERREZ ALEJANDRO	SFC
DET 1 216TH ENGR MAC	SANCHEZ RAMZY JOSE	SGT
DET 3 CO B 640TH ASB	ROORDA ROBERT DAVID	SGT
CO A (-) CAARNG RRB	SANDOVAL MARILU	SFC

Officers

Uname	NAME_IND	GR_ABBR_CODE	PAY_GR	DOR
CO C 1-168TH GSAB	RODRIGUEZ RYAN ROSS	CW2	W2	130110
HHC 1-140TH AVN BN (ASSLT)	POOL GID SCOTT	CW4	W4	130110
2ND BN (MT) 223D REGT	CURRIE RUSTEN DEON	MAJ	O4	130109
HHC, 224TH SUSTAINMENT BRIGADE	REMPE JON ANTHONY	CW4	W4	130110
JFHQ-CA (-)	FRANCIS BRENT W	CW5	W5	130110
JFHQ-CA (-)	HILL CHARLES BRANDON	MAJ	O4	130109
HHB 1-144TH FA	ADAMS JOSEPH CHARLES	LTC	O5	130113
HHB 1-143RD FA	WINTZER BRIAN NELSON	MAJ	O4	130109
CO B 1-126TH AVN REGT	QUACH CHUONG VI	CW2	W2	130110
CO B 1-126TH AVN REGT	BOOHER RYAN JEFFREY	CW2	W2	130110
CO B 40TH BSB (MAINT)	HECKMAN SHELLY ANN	CW3	W3	130110
49TH PERSONNEL COMPANY	LAVY NATHAN THOMAS	CPT	O3	130109
HSC (-) 40TH INF DIV	BYRNE SEAN PATRICK	MAJ	O4	130109
DET 1 OPNS CO 40TH INF DIV	YOUNGER ANITA ELEVETTE	CPT	O3	130109
INTEL & SUST CO 40TH INF DIV	TREVINO FERNANDO	CW3	W3	130110

MSM Awardees

<u>Rank/Grade</u>	<u>Last Name</u>	<u>Type of Award</u>	<u>Activity</u>
CSM/E-9	Holley	MSM	100 TC
CPT/O-3	Acevedo	MSM	100 TC

NGB External EPAS: Is Your Unit Environmental Compliance Officer Ready?

NGB External EPAS: Is Your Unit Environmental Compliance Officer Ready?

With National Guard Bureau's (NGB) external Environmental Performance Assessment System (EPAS) audit approaching in April, each unit should verify that they have a trained certified Environmental Officer/ Unit Environmental Compliance Officer (EO/UECO). The EO/UECO is the unit's representative, whose role is to ensure that unit operations comply with federal state and local environmental laws and regulations. Per Army Regulation 200-1 (Environmental Protection and Enhancement), Field Manual 3-34.5/MCRP 4-11B, and the California Army National Guard Hazardous Materials and Waste Management Plan (CAHM&WMP), a unit commander and or shop supervisor is responsible for appointing and training an EO/UECO at each occupied facility or shop of the CAARNG. Working in partnership with command and the guard environmental office, the EO/UECO provides ground-level protection against potential fines and violations.

Each unit is required to have a trained EO/UECO. Training is provided by the California Army National Guard Environmental Programs Directorate (CAAD-ENV). EO/UECO candidates undergo a 2 day training that educates in key environmental areas. Using this knowledge EO/UECOs help protect the unit from incurring unnecessary environmental fines and notices of violation, which can be both costly, time consuming and reflects negatively on the guard. A well trained EO/UECO is the first line of defense against such fines and violations. Hence, a well trained EO/UECO in each unit is a critical part of the commander's environmental program. Now is the time for each unit to determine whether they are in compliance with AR 200-1 and whether they need to have a candidate trained or if their existing EO/UECO(s)

needs to recertify.

If your unit is in need of a new EO/UECO or must recertify, contact Mr. Mike Holder of the CAAD-ENV today at 916-369-4338 to register for the UECO training on 10-11 April 2013 at Camp Roberts, CA. Note: Units must have a certified EO/UECO in place at the time of the 2013 NGB External EPAS in April.

For further information visit the CAAD-ENV's UECO page or contact them at 916-369-4338.

EO/UECOs are trained in the following areas:

- Sustainability
- Hazardous Materials & Waste Management
- Hazardous Materials Business Plans
- Hazard Communication
- EPAS Environmental Audits & Record-keeping
- How to Survive an Environmental Compliance Inspection
- Conservation
- Pollution Prevention
- Emergency Response

NEW FURNITURE MOVING INTO THE BARRACKS AT CAMP ROBERTS!



Helpful Ombudsman Program Tri-Folder

THE OMBUDSMAN PROGRAM



The Ombudsman resolves complex issues for Soldiers and their Family Members

Independent
Neutral
Impartial



ARMY MEDICINE
Serving To Heal...Honored To Serve



The Assistance you need may be right around the corner.

You can contact your local Ombudsman at
Naval Medical Center
San Diego



Daniel Sutton

Office: 619.532.9819

Cell: 760.401.6663

daniel.j.sutton@med.navy.mil

34800 Bob Wilson Drive
San Diego, CA 92134

THE WOUNDED SOLDIER AND FAMILY HOTLINE

Don't have a local Ombudsman?
No problem!

Just call the Wounded Soldier and Family Hotline.



Call them at

800.984.8523

DSN 312.421.3700

Overseas DSN 421.3700

Or Email the WSFH at

wsfsupport@conus.army.mil

If you don't know who to ask, call us
we can get answers.

We are here for you 24/7!

Who's In Charge?

The Ombudsman Program and the Wounded Soldier and Family Hotline is managed by the MEDCOM Medical Assistance Group (MMAG)

Email the MMAG at:
medcom.ombudsman@amedd.army.mil

Or call them at:
210.221.8919

The Ombudsman and Wounded Soldier Family Hotline is passionate about assisting Soldiers

Eric B. Schoomaker, LTG, USA, Retired
Army Surgeon General, said,
"The MAG and Ombudsman Program has been an unequivocal success as we support our wounded, ill and injured Soldiers!"



ARMY MEDICINE
Serving To Heal...Honored To Serve

OMBUDSMAN CONTACT TELEPHONE NUMBERS

Ft. Belvoir, VA 571.231.1456 571.231.5041 Ft. Benning, GA 706.544.5861 706.544.2903 Ft. Bliss, TX 915.742.7057 915.742.7138 Ft. Bragg, NC 910.907.8255 910.907.8609 910.907.8191 Ft. Buchanan, PR 787.707.4064 Ft. Campbell, KY 270.798.8827 270.798.7411 270.412.3717 Ft. Carson, CO 719.524.0044 719.524.1477 719.526.0046 Ft. Dix, NJ 609.562.4792 Ft. Drum, NY 315.772.9658 315.772.6466 Ft. Eustis, VA 757.314.7539 757.314.7542 Ft. Gordon, GA 706.787.8239 706.787.6023	Ft. George Meade, MD 301.677.8810 Ft. Hood, TX 254.286.7793 254.286.7031 254.287.0806 254.286.7791 Ft. Huachuca, AZ 520.533.9163 Ft. Irwin, CA 760.380.1973 Ft. Jackson, SC 803.751.0234 Ft. Knox, KY 502.626.6148 502.624.9823 Ft. Leonard Wood, MO 573.596.0131 Ext 9668 Ft. Polk, LA 337.531.3009 337.531.8024 Ft. Riley, KS 785.239.8374 785.240.7285 Ft. Sill, OK 580.442.1732 Ft. Stewart, GA 912.767.5415 912.435.3478 912.435.9798 Ft. Wainwright, AK 907.353.5881	Joint Base Elmendorf-Richardson, AK 907.384.6411 Joint Base Lewis-McChord, WA 253.966.2716 SAMMC, TX 210.916.6621 210.916.8690 210.916.2578 210.916.9223 TAMC, HI 808.655.1492 808.655.1685 West Point, NY 845.938.0255 NMC San Diego, CA 619.532.9819 NMC Bethesda, MD 301.400.0516 301.400.0517 Vilseck, GER 314.476.3150 (DSN) Heidelberg, GER 314.371.2112 (DSN) Landstuhl, GER 314.483.6301 (DSN) Schweinfurt, GER 314.354.6221 (DSN) Vicenza, ITA 314.636.9679 (DSN)
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ARMY MEDICINE
Serving To Heal...Honored To Serve

Need help or
have a question?
Talk to an Ombudsman

OR

Call the Wounded
Soldier and Family
Hotline (WSFH)

You could be on the path to resolving your problem

From the Command Sergeant Major: How to prepare for the Enlisted Qualitative Retention Board:

You have just been notified that your potential for retention in the CA Army National Guard will be evaluated this year by the Enlisted Qualitative Retention Board (EQRB). You immediately begin studying the Memorandum of Instruction to identify what responsibilities you have, your Commander has and your unit has. Once you identify all the responsibilities, you begin looking at the timeline:

10 days after receipt of notification: Commanders will ensure Soldiers sign the "acknowledgement of receipt" portion of the Soldier's response.

14 Dec 12: Commanders will ensure each eligible Soldier is notified. Commanders will notify those Soldiers whom he/she is requesting revalidation.

2 Jan 13: Soldiers who wish to write a memo to the board highlighting significant aspects of their career that are not adequately documented in their Army Military Human Resource Record (AMHRR) must do so by this date. Comments or recommendations for the Soldier's unit commander may be included.

8 Jan 13: Commanders must submit a memo justifying the request for revalidation.

31 Jan 13: Unit will upload Soldier's memorandum to iPERMS.

8 Feb 13: Soldiers will complete and return to their Commander the bottom portion of the Soldier's response certifying review of their AMHRR or declination to review their AMHRR.

11 Feb 13: Soldier's responses (to include the acknowledgement of receipt) are uploaded into iPERMS. Commander's statement for Soldiers in the rank of SGT & below and recommendation memos are uploaded into iPERMS. All other documents identified by the Soldier as missing from their AMHRR are uploaded into iPERMS. Ensure all flagging actions are imposed.

15 Feb 13: Upload rosters with completed remarks, Soldier's response memos, unit commander's certification memos, and commander's statement for Soldiers in the rank of SGT and below to the EPM EQRB portal.

Between 15 Feb - 4 Mar 13: iPERMS section will ensure all EQRB-related documents are in Soldiers' AMHRR. EPM will download the AMHRR of each eligible Soldier in preparation for the board.

4 - 8 Mar 13: FY13 EQRB will be conducted.

Now you know what you need to complete and when you need to complete it by. Additionally, you now know that it is vital to check your AMHRR soon after 15 Feb 13 to make certain all necessary documents have been uploaded. Additionally, when reviewing your AMHRR, ensure the following:

- A historical record of your APFT and weight control data is documented using DA Forms 705 and DA Forms 5500/5501.
- Ensure ALL evaluations (NCOER, AER, EER as applicable) are documented and up-to-date.
- Ensure all awards received are documented. Additionally, ensure consistency in awards between the DA Forms 638 and/or Certificates, Biographical Sketch (if in your AMHRR - not required for EQRB) and DA Photo.
- Ensure your DA Photo has been uploaded and is current.
- If you have completed any college, ensure transcripts are uploaded.
- Ensure you do not have duplicate documents.
- Ensure your documents are properly named, dated and legible. Additionally, ensure the document belongs to you.

Ultimately you want to ensure your AMHRR is accurate, complete and up-to-date. EQRB is an evaluation board, so at no time will a deficiency in your AMHRR result in an automatic "non-retention". Following these steps simply provides the board members with a complete record to accurately evaluate your retention potential. It also displays that you understand the importance of maintaining your AMHRR.

After completing these steps, you will have best prepared yourself for the EQRB. Remember, the intent of the Qualitative Retention Program is not to support Army downsizing or meet a personnel strength quota, but rather to ensure the best qualified Soldiers are retained and continue to serve within the ranks of the Army National Guard.



California Army
National Guard
9800 Goethe Road
Sacramento, CA 95827

E-mail:
[ng.ca.caarng.mbx
.army-division](mailto:ng.ca.caarng.mbx.army-division)

We're on the Web!
[www.facebook.com/
CAARMYGUARD](http://www.facebook.com/CAARMYGUARD)

Links of interest:
**Free 2013 Handbooks for
Military Personnel**
[//militaryhandbooks.com/free-
2013-handbooks-for-military-
personnel/](http://militaryhandbooks.com/free-2013-handbooks-for-military-personnel/)

JOBS:

**Cal Guard Work for
Warriors (W4W)**
Office Number:
916.854.4426
E-mail: [ngca-
jobs@ng.army.mil](mailto:ngca-jobs@ng.army.mil)
Website: [http://
www.calguard.ca.gov/EIP/](http://www.calguard.ca.gov/EIP/)
Facebook::
[www.facebook.com/
CalGuardWorkForWarriors](http://www.facebook.com/CalGuardWorkForWarriors)



Always Ready, Always There

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For suggestions, questions, or comments please email the HQ, California Army National Guard at: ca-mua.armydiv.ngca@ng.army.mil

POC for this publication is: LTC Renee MacDonald 916.854.3634

FRG: Unlocking the mysteries of the Family Readiness support resources

You've heard the acronyms....FRSA... FAS....FRG...but who are these people? What do they do? Why are they important to Soldiers and Families?

The short answer: all these abbreviations reflect a key member of your Army Guard Family Readiness Team. This team is made up of Family Readiness Support Assistants (FRSAs), Family Assistance Specialists (FASs) and unit-specific Family Readiness Groups (FRGs). All of these individuals work together to provide a coordinated and comprehensive approach to Soldier and Family readiness. FRSAs and FACs are full-time contractors, and FRG leaders serve as volunteers.

Every BDE Commander has a FRSA assigned to them. FRSAs work in support of the Commander, serving as a conduit for information and unit Family Readiness coordination. FRSAs also provide training, hands-on assistance, and information to subordinate unit commanders and unit Family readiness group volunteers. They also provide referrals for Soldiers and Families in need.

In contrast, FASs work regionally to provide support and guidance, coordinating community

resources to aid Soldiers and Families. The FACs can assist with ID Cards and DEERS enrollment, TRICARE, financial and legal services, ESGR (civilian employment) issues and crisis intervention. FACs are also mandated by NGB to conduct monthly Outreach Calls to Deployed Families to offer support, guidance and assistance.

Finally FRG Volunteers work to provide support and assistance at the unit level. Often FRGs will host social gatherings, holiday parties, and educational outreach events. They connect with Families through phone trees, social media and newsletters. Often FRG volunteers have loved ones in the unit and they are passionate about what they do. They are trained by FRSAs and donate countless hours in support of Families. They are excellent problem solvers and utilize FRSA and FACs to help guide Soldiers and Families to solutions.

Still not sure who to contact? Feel free to call your State Army Guard Family Readiness Volunteers, Valerie Claude Murray at (951) 805-3348 or Debby Mendelsohn at (909) 641-5758. They will be happy to introduce you to your FRSA, FAC and unit FRG volunteers.

Retirees

UNIT	NAME	RANK	YEARS OF SERVICE
HSC(-) 640TH ASB	DAVIS ALASAO SALEVAO	SSG	24 Yrs, 6 Mths
CO A 1-184 IN BN	CORCORAN KEVIN ANTHONY	SFC	25 yrs, 4 mths, 4 dys
HHD 1106TH TASMG	AHRENS SCOTT DOUGLAS	CW5	37 yrs, 6 mths, 26 dys
HHC, 224TH SB	DEVRIES CURTIS ALLEN	CW3	27 years
CO D 1-160TH IN	MOUSSA ABDULRAZAD ALEXANDER	CPT	20 years